



Active Adults



A Program of the City of Santa Barbara Parks & Recreation Department

S.B. Ballroom Dance

Enjoy **live orchestras** on Saturday nights from 8:00–11:00 PM in the beautiful Carrillo Ballroom, a local treasure since 1914.

Don't know how to dance, or just want some instruction? Take a lesson one hour prior to the dance, for an additional fee.

August

- 6 The Wyatt Haupt Band
- 13 The Dick Parent Band
- 20 Hank & Phil's Quartette
- 27 The Wyatt Haupt Band

September

- 3 The Dick Parent Band
- 10 The Wyatt Haupt Band
- 17 Hank & Phil's Quartette
- 27 The Jerry Dokken Band

Cost: \$10 admission

\$1 discount with RDC or Senior Membership, \$2 discount with both



New The Price is Right!

Come on down...

October 4, 2005

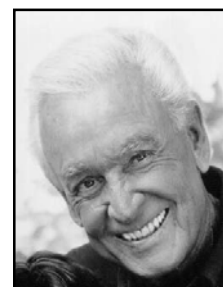
Join us for a day of fun, games and travel, as we visit **Bob Barker** for a filming of The Price is Right. The first treat of the day is a coffee break on the drive down at **Krispy Kremes**! It is said that a fresh, hot Krispy Kreme will melt in your mouth, and you will never eat another type of doughnut again!

With smiling faces and full bellies, we depart for the recording studio. Our priority seating reservations guarantee us great seats, and the included lunch from **Gelson's Market** will make you the envy of the entire audience. After a brief interview with the hosts, the suspense builds to see who will be today's contestants on The Price is Right.

Will YOU be the big winner!?!

On the ride home, we stop at **Soup Plantation** for an on-your-own dinner. Tour departs from the Goleta Senior Center at 7:15 AM, with pick-up at the Davis Center and Carpinteria. Returns at approximately 6:30 PM. Seating is limited, and transportation is provided by the Parks & Recreation bus. *Note: Studio requires two forms of identification.*

Price: \$20 (resident), \$24 (non-resident); **Rating:** **AA**



CCNY New York City and the Hudson River

October 6-12; 7 Days / 6 Nights

Enjoy the Statue of Liberty, Ellis Island, Empire State Building, United Nations Headquarters, a Hudson River Cruise, West Point Tour ... *and more!* Spend three nights in the **Big Apple** and three nights in the Hudson River Valley. Enjoy the sights and sounds of New York State, from a New York City Tour all the way to the **Catskill Mountains**.

Sample some of New York's finest wines during the included wine tasting and feast at the **Culinary Institute of New York** during an included dinner. No trip to New York is complete without a little Broadway action, and we have included a Broadway Show in the itinerary. Tour price includes roundtrip airfare, private motorcoach, Tour Director, travel insurance, sightseeing per itinerary, deluxe accommodations, and meals per itinerary. To make a reservation, please call 897-2519.

THIS IS YOUR LAST CHANCE... ONLY A FEW SEATS LEFT! \$1968 pp Double, \$2493 pp Single





J. Paul Getty Museum

One of the world's premier art collections... at our doorstep!

October 26, 2005

The Getty Museum is well-known for its unique design elements, beautiful gardens, and sweeping open spaces. Architect **Richard Meier** was inspired by the Pacific Ocean, the landscape of Los Angeles and the view of the Santa Monica Mountains. In building the structures, over 16,000 tons of travertine were imported from Italy. As you take the tram to the museum's hilltop perch, marvel at the cleft-cut stones, softened by curves and natural gardens, and illuminated with natural light. Follow the waterfall and river to the **Central Gardens**, created by Robert Irwin, for an experience of extraordinary sights, sounds and scents.

A recommendation from a frequent Getty visitor: dine at the Getty Restaurant (reservations required), which serves incredible meals and offers an ever-changing menu. There are so many things to see and do at the Getty, it's important to pace yourself! The Getty Museum has one of the premier collections of antiquities in the world, and offers visitors an opportunity to explore in depth many, many different facets of ancient art. For first-time visitors, we suggest taking the self-guided audio tour to familiarize yourself with the grounds. For returning visitors, you already know what to expect-lots and lots of paintings, sculpture, furniture, pottery, costumes, drawings... and so much more!

Tour departs the Davis Center at 8:30 AM, with a scheduled pick-up in Carpinteria. We will leave the Getty at 3:00 PM, and return at approximately 5:00 PM. Transportation is provided by the Parks & Recreation bus.

Price: \$20 (resident), \$24 (non-resident); **Rating:** **MM**



CELEBRATE CHRISTMAS IN MOZART'S MUSICAL CITIES



Flying out of the Santa Barbara Airport!

November 29-December 6, 2005

Explore some of Europe's most picturesque cities—Salzburg, Linz, Vienna and Prague—and immerse yourself in a European wonderland. Enjoy stunning vistas of **Alpine splendor**, performances by local stars, time to shop traditional Christmas markets, and lots of culinary delights. Visit historic palaces and cathedrals such as the marvelous Schoenbrunn Palace, Belvedere Palace (shown below), and St. Stephen's Cathedral, to name just a few. Visit the birthplace of Mozart in Salzburg and enjoy a walking tour of Old Town and Mirabell Gardens. Travel the banks of the **Danube** to Linz for a comprehensive tour of this Imperial city, and visit the "Golden City" of Prague in the Czech Republic.

Day 1-2: Overnight flight. Arrive in **Salzburg**, one of Europe's most beautiful and romantic cities. (D)

Day 3: During your city tour, you will recognize locations from the *Sound of Music*, and later visit the birthplace of **Mozart**. (B)

Day 4: Depart Salzburg and travel along the banks of the Danube to **Linz**, where you will marvel at the Baroque Main Square. View the Mozarthaus, where he composed his famous Linz Symphony, and visit St. Martin's Church, founded in 799. (B, D)

Day 5: Today you will shop in the **Christmas Markets of Vienna** after an informative city tour featuring the Schoenbrunn Palace and St. Stephen's Cathedral. Don't miss the included dinner at the historic Altes Presshaus Restaurant. (B, D)

Day 6: Travel through Alpine countryside to the Czech capital of **Prague**. (B)

Day 7: Begin your day with a walking tour of the "Golden City", and end with a feast in the historic Old Town Square. (B, D)

Day 8: Depart for home with memories of your Alpine Christmas. (B)

\$2039 pp Double, \$2239 pp Single; Includes Travel Insurance



Community Interests

They say the only constant is change—and change is something we've been doing plenty of these days. Senior Recreation Services, our name for the past 15 years, has been changed to **Active Adults & Classes** to better reflect our program. While we are not dropping any of our existing senior programs, we now manage the adult and youth classes that take place at the Carrillo Recreation Center, and several other locations.

I'm sad to announce that **Terry Brown**, who recently joined us as the Assistant Supervisor, has moved back to Youth Activities. We'll see Terry often, as her new office is upstairs at the Carrillo Recreation Center. Fortunately, we've worked out an arrangement with Jazzercise Santa Barbara to continue offering the Monday and Wednesday 10:00 am senior aerobics class—and we're keeping it free to members!

Many of you have noticed that the **Carrillo Recreation Center** has turned into a construction zone. After years of planning, the front courtyard renovation finally began this past June. The front courtyard *should* be open by the end of the month. The new brick-paved courtyard provides more space and corrects a major drainage problem. Trees and landscaping will be installed next, and we will soon offer benches for sponsorship. Our next major building project will repair the Carrillo Ballroom floor's blisters. The ballroom will be closed in December while a section of the floor is replaced. Two years from now, the Carrillo Recreation Center will have a major tune-up intended to keep our building healthy and operational for another 50 years!

I apologize that we haven't been able to produce a newsletter every month, as we've been struggling to keep up with the changes. Keep your eyes open for the new **Parks & Recreation Activity Guide** that will be available in mid-August. The Activity Guide will have full details on Parks & Recreation Department offerings for all ages.

Take Care,



Jason Bryan, Supervisor of Active Adults & Classes

Thank you Adult and Aging Network!!!

The Stretch and Tone class sends a warm thank-you to **Brian Carroll** of the County's Adult and Aging Network. Through a grant, Brian provided us with new resistance bands we'll use every other week in Ralph's famous fitness class. Our old resistance bands were starting to crack and occasionally snap (ouch)! If you haven't tried **Stretch and Tone**, there's no time like the present to improve your strength and flexibility while having a great time. **Stretch and Tone** classes are every Tuesday, Thursday and Saturday from 10-11 AM at the Carrillo Recreation Center.

Swing Dance with Jonathan & Sylvia

8:30 PM-12:00 AM with a free lesson at 7:30 PM. \$10 per person. Please call 569-1952 for more information.



August

- 5 Starlighters
- 19 Les Rose

September

- 2 Mitch Kashmar
- 16 Stompy Jones

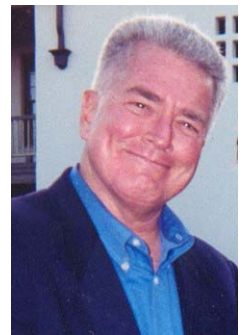
Two left feet? Don't worry, take lessons. Call us at 897-2519 to learn more about lessons in Swing, Ballroom, Tango, Salsa, Tap, Ballet, and Folk Dance.

Santa Barbara Beautiful Awards with Huell Howser

Sunday, September 25, 2005 at The Historic Lobero Theater

Santa Barbara Beautiful is honored to present Huell Howser, producer and host of California's Gold, as the special guest and keynote speaker at their 2005 Awards Ceremony, which celebrates 10,000 trees. Huell has long considered Santa Barbara to be one of the most beautiful locales in the state and Santa Barbara Beautiful welcomes him with warmth, affection, and gratitude. Santa Barbara Bank & Trust and The Our Gang Travel & Enrichment Club are sponsors of this wonderful event.

Cost: \$20 for the show 5:30-7:00 PM OR \$40 Reception w/ Huell 4:00 PM including the show. Purchase your tickets at The Historic Lobero Theater box office or by phone at (805) 963-0761 or online at www.lobero.com. For more information, please visit www.sbbeautiful.org.



FREE CLASSES

CARRILLO RECREATION CENTER

SEPTEMBER 19-23, 2005

TRY ANY OF THESE BEGINNING CLASSES DURING OPEN HOUSE WEEK!

No fee to attend any of the classes listed below during the week of September 19-23.

Love the class? Sign up for the new sessions beginning the following week.

All classes are held at the Carrillo Recreation Center, 100 E. Carrillo Street.

Space is limited—please arrive early.

Youth and Teens

Mommy & Me: ages 2 1/2-4	Mon	9/19	2:15-2:50pm
Tap & Jazz Dance: ages 5-8	Mon	9/19	3-3:50pm
Children's Creative Dance: ages 3-5	Thur	9/22	3-3:40pm
Children's Creative Dance: ages 5-8	Thur	9/22	3:45-4:30pm
Intro to Jazz & Disco: ages 9-14	Thur	9/22	3-3:55pm
Line Dancing for Teens/Adults	Thur	9/22	4-4:55pm
Ballet I: ages 4-6	Fri	9/23	3:30-4:30pm
Ballet II: ages 7-10	Fri	9/23	4:30-5:30pm

Adults

Beginning Show Dance	Mon	9/19	5:15-6:15pm
Beginning Ballet	Mon	9/19	5:30-7pm
Jazzercise – Regular	Mon	9/19	5:30-6:30pm
Monday Evening Yoga	Mon	9/19	5:30-6:30pm
Beginning Tap Dance	Mon	9/19	6:30-8pm
Beginning Ballroom & Latin American Dance	Mon	9/19	8:30-9:30pm
Beginning Belly Dance	Tues	9/19	5:30-6:30pm
Folk Dance	Tues	9/20	11am-12:30pm
Jazzercise – Step	Tues	9/20	5:30-6:30pm
Intro to Pilates	Tues	9/20	5:30-6:30pm
Argentine Tango Level One	Wed	9/21	6-7pm
Hip Hop	Wed	9/21	7-8pm
Salsa Dancing for Beginners	Thur	9/22	7-8pm or 8-9pm
Folk Dance	Thur	9/22	7:30-9:30pm
Beginning Guitar	Thur	9/22	8:30-9:30pm

**TRY ANY OF THESE
CLASSES FOR FREE!**



DOWN WITH FALLS!

Falls take a staggering toll... but most falls can be prevented!

Recent studies show that those most at risk for falling can often be identified and helped.

Are you afraid of falling?

Are you ever unsteady on your feet?

Have you ever lost your balance?

Fall Proof is for you!

Improve ability to recover from loss of balance.

Improve walking ability.

Improve postural alignment.

Increase confidence.



Fall Proof is a balance and mobility training program, offered by the Vista del Monte Fitness & Aquatics Center. Fall Proof was recognized in 2003 by the National Council on Aging as one of seven exemplary model programs promoting healthy aging and improved quality of life.

This program is taught by licensed physical therapists and qualified fitness professionals who have completed a rigorous three month certification and are trained to administer a multi-dimensional assessment. The next session begins right after Labor Day and will meet for 20 Tuesdays and Thursdays from 1-2 pm. Please call and make an appointment for a complimentary balance screening to assess your fall risk. Depending on your results, Medicare may cover the class cost.

20 Classes Beginning Tuesday September 6th

Tuesdays & Thursdays 1-2 pm

\$100, Vista del Monte Residents/Fitness & Aquatic members

\$120, Non-Vista del Monte residents / Non-FAC members

Space is limited!

Call for reservations: 879-5556

The group approach to reducing fall risks in older adults proves to be fun as well as confidence building through the interaction of others, which is difficult to achieve with one-on-one therapy. Each participant enjoys the added benefit of making new friends, which is so important for over all wellness to remain "socially connected".

After the first 12-week program, the average improvements were:

Lower extremity strength	34%
Dynamic balance (gait pattern & speed)	18%
Confidence	15%
Overall Balance	18%

Active Adults & Classes Staff

Jason Bryan.....Supervisor
 Fran McDonald.....Office Specialist
 Seth Doherty.....Newsletter Publisher
 Sylvia Sterling.....Newsletter Editor
 Del Ericksen.....Volunteer Coordinator
 Ralph Holmes.....Fitness Coordinator
 Billy Austin.....Facility Monitor
 Spencer Barnitz.....Facility Monitor
 Elaine Gordon.....Facility Monitor
 Jeana Morelli.....Facility Monitor
 Rebecca Vanegas.....Facility Monitor
 Barry White.....Facility Monitor
 Walter Winchell-Donut
Social Commentator & Snoop

Carrillo Recreation Center Desk Volunteers

Dot Byrne, Del Ericksen,
 Anne Haigh, Petria Ingram

Senior Advisory Committee

Lillian Ulrich - Chairperson
 Bill Canfield, Lu Gilbert,
 Carol Smith



Call Jason 897-2519



www.sbparksandrecreation.com

TOURS & TRAVEL

New Tour Sign-Up Day:

Friday, August 12, 2005

WALK-IN REGISTRATION: 8:00 AM on new tour opening day.
PHONE-IN REGISTRATION: 9:00 AM on new tour opening day.

Members: Have priority and may reserve a maximum of 4 spaces per tour at a time.

Non-members: May require an additional \$10 charge. *Note: for extended tours, the non-member fee is waived.*

Resident Discount Card: City residents are eligible to receive a free RDC, which allows a 20% discount on day trips (extended tours exempted) and designated SRS programs.

Deposits for All Trips: Required within 5 days of reservation.

Tour Bus Seating and Theatre Tickets: Assigned on a first-to-register basis.

Tour Departure Times: Please arrive at least 15 minutes early for departure.

Refunds (Day Trips): Cancellation prior to 2 weeks of trip: Refund less \$1. Cancellation within 2 weeks of trip and vacancy filled: Refund less \$10. Cancellation within 2 weeks of trip, and vacancy not filled: No refund.

Refunds (Extended Tours): Stated in Tour Brochure. Waiver and Insurance available.

Rating Symbols	
EE Easy Excursion A tour with comfortable walking at an easy pace, designed to accommodate all physical abilities; might include a meal or other relaxing activity.	MM Moderate Mobility A moderate amount of walking and standing on these tours, including museum exhibits, outdoor events, and the combined multiple activities during the trip.
 New Tour Any extended tour or day trip featured for the first time in this month's SRS News.	
AA Active Adventure These trips will include more walking, standing, and offer a combination of programs at a more challenging pace.	CC Connoisseur Class Indicates a more elegant tour with all the extra touches, such as upscale dining and resort stays.